DietCloud – Recipe

Recipe Name: BROWN RICE MOONG DAL PONGAL

Diet Type: Vegetarian

Course: General Course

Cuisine: Indian

Quantity:



Description

Ingredients
½ cup brown rice½ cup yellow moong dal (split yellow gram)3¼ - 4 cups water (more if needed for consistency)Salt to taste2-3 tbsp ghee (clarified butter)1 tsp cumin seeds (jeera)1 tsp black peppercorns (crushed lightly)1 tsp finely chopped ginger¼ tsp asafoetida (hing)4-5 curry leaves2 whole dry red chilies, broken (optional)8-10 cashew nuts, broken into pieces (optional)
Instructions

Cooking the Rice and Dal
Wash and Soak: Clean and wash the brown rice and moong dal thoroughly. Since brown rice is a whole grain, it is recommended to soak the mixture for at least 30 minutes to an hour (or even overnight) to ensure it cooks well and aids digestion. Drain well before cooking.Pressure Cook: In a pressure cooker, combine the drained rice and moong dal mixture with 3¼ to 4 cups of water and salt. Pressure cook for 5 to 6 whistles, or until the mixture is soft and mushy. Allow the pressure to release naturally before opening the lid.Mash: Once cooked, mash the mixture slightly using a spatula or the back of a spoon to achieve a creamy consistency. If it's too thick, you can add a little hot water to adjust the consistency.

Ingredients

Ingredient	Quantity

No ingredients added.

Preparation

No preparation steps added.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	10	60	16	4	2